



## BIPOLAR DISORDERS Factsheet

November 2021

### What is interpersonal and social rhythm therapy?

The social environment can exert influence on synchronisation of circadian rhythms by entraining neurohormonal events such as cortisol and melatonin secretion. These are key components of circadian physiology, and disruptions to them can influence mood. Interpersonal and social rhythm therapy (IPSRT) aims to improve interpersonal problem solving and social rhythm regularization. It involves psychoeducation about regulating routines and discussion around strategies for solving current interpersonal problems and preventing them in the future.

### What is the evidence for social rhythms interventions?

Moderate to high quality evidence finds improved occupational, social, and general functioning following IPSRT compared to various control conditions. However, there were no consistent improvements in symptoms.

Control conditions included clinical status and symptom review treatment, intensive clinical management, specialist supportive care, and collaborative care. One included study incorporated family-focused therapy and cognitive-behavioural therapy with IPSRT.

For further information see the technical table



*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.*

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